



## Assisting Service Members and their Families

**WHERE:**  
Online through  
Adobe Connect,  
you will receive  
a link to join  
when you  
register

**WHEN:** April  
7th from  
0830-1600 EST

### VA Women's Health Transition Training



**Major Cybercrime Unit**  
U.S. Army Criminal Investigation Command

### Cybercrime Prevention Flyer

CPF 0004-20-CID361-9H

11 March 2020

#### The Corona Virus, Cybercriminals and You

This Cybercrime Prevention Flyer is about the methods by which cybercriminals might capitalize on the uncertainty and fear brought about by reports of the corona virus – COVID-19. This flyer is not a comprehensive list – there are too many methods to list and cybercriminals are a very creative and adaptive bunch.

Think of this flyer as a strong reminder to be suspicious. To go the extra step to verify before you agree to anything that puts you personally or financially at risk. Or before giving any personally identifying information to anyone you do not know.

Be suspicious of anyone who approaches you or initiates contact regarding corona virus. Be suspicious of anyone you don't know or with whom you did not initiate a conversation who offers you advice on prevention, protection or recovery – especially if they ask for money.

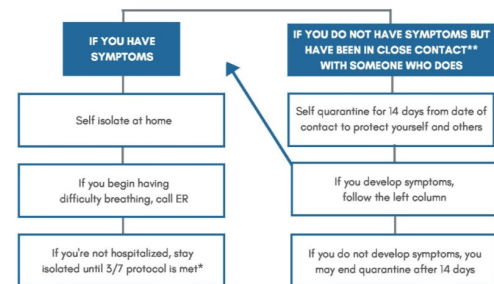
**Report a crime to U.S. Army  
Criminal Investigation Command**

### Veterans & Military Spouses Wanted!

#### VIRTUAL HUMAN RESOURCES MANAGER

Open to CONUS, but will be working with call centers based in CST  
**275225BR Virtual Human Resources Manager**

#### COVID-19 DIAGNOSIS GUIDELINES



**\*3/7 protocol:** At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications and improvement in respiratory symptoms (e.g., cough, shortness of breath); and, At least 7 days have passed since symptoms first appeared.

Useful Information and Resources for Service Members and their Families. Check back for new information, links to articles and fun ideas for the entire family!



Visit our website:

<https://co.ng.mil/Family/Addl-Military-Resources/>

## COVID-19 RESOURCES

Curated information and resources regarding the COVID-19 Pandemic brought to you by the Family Program Office. Each resource in this document has been vetted by the Family Assistance Specialists. As we gather more resources we will update and redistribute this document.



### COVID-19 INFO

COVID-19 FACT SHEET  
WHAT TO DO IF YOU'RE SICK  
15 DAYS TO SLOW THE SPREAD

#### Personal Financial Counselors are **here to support** you virtually.

- Are you off a military installation, but still desire financial support?
- Would speaking to a professional, virtually, give you peace of mind?
- Are you ready to boost your monetary might?



Did you know Personal Financial Counselors (PFCs) can provide no-cost support services virtually?

#### What to do if you are sick with coronavirus disease 2019 (COVID-19)

If you are sick with COVID-19 or suspect you are infected with the virus that causes COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

##### Stay home except to get medical care

You should remain in a private residence until you are cleared for getting medical care. Do not go to work, school, or public areas. Avoid using public transportation, ride-sharing, or taxis.

##### Separate yourself from other people and animals in your home

People: As much as possible, you should stay in a separate room and away from other people in your home. Also, you should use a separate bathroom, if available.

Animals: Do not handle pets or other animals while sick. See COVID-19 and Animals for more information.

##### Clean your hands often

Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty. Avoid touching your eyes, nose, and mouth with unclean hands.

For more information, visit [www.cdc.gov/COVID19/](https://www.cdc.gov/COVID19/)



The ESGR customer service center remains open and committed to assisting Service members and employers during the COVID-19 outbreak. For assistance with USERRA and employment-related inquiries, contact 1-800-336-4590, option 1. Additionally, Service members may contact DOL-VETS for concerns about possible USERRA violations, at 1-866-487-2365.

Service members activated under **State Active Duty** authority in response to COVID-19 should contact the appropriate state office regarding their specific employment protections and concerns. USERRA is a federal statute and applies to uniformed service under Title 32, Title 10, and Title 14 of the U.S. Code.





## Assisting Service Members and their Families

### GET CONNECTED



[co.ng.mil/Family](http://co.ng.mil/Family)



[www.Facebook.com/CONGFP](http://www.Facebook.com/CONGFP)



[@CONGFamProgram](https://twitter.com/CONGFamProgram)



Colorado National Guard  
Family Program

### LOOKING FOR EMPLOYMENT?



JOB OPPORTUNITIES

\*\*The events and/or organizations listed in this newsletter and website are not being endorsed but are items of general interest to members of the CONG.\*\*

### CONTACT LIST

Benefits / Transition Assistance.....	720-250-1173
Child and Youth Program Coordinator .....	720-250-1195
CONG Foundation .....	720-250-1191
Family Assistance - Air Guard .....	720-847-9116
Family Assistance - Army Guard	
Buckley AFB.....	720-250-1963
Centennial.....	720-250-1186
Colorado Springs.....	720-250-4885
Denver.....	720-250-2771
RSP Program.....	720-250-2773
Western Slope.....	720-250-5571
Family Readiness and FRG Volunteers.....	720-250-1192
Resilience Coordinator.....	720-250-1197
Survivor Outreach Services, Eastern Slope.....	720-250-1564
Western Slope.....	720-250-5572
Trauma Support.....	303-345-4117
Yellow Ribbon Program, Air Guard.....	720-847-9184
Army Guard.....	720-250-1185

### RELATED OFFICES

Chaplain .....	303-913-1749
Personal Financial Counselor.....	803-323-9871
Employment Assistance.....	720-288-2344
Employer Support of the Guard & Reserve .....	720-250-1176
Psychological Health Coordinator, Air Guard .....	720-847-9438
Army Guard.....	720-219-0749
Sexual Assault Response Coordinator.....	720-250-1561

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### HAVE RESOURCES TO SHARE? CONTACT THE FAMILY PROGRAM MARKETING OFFICE

Laine Dennison & Brittany Gunderson  
720-250-1193 or 720-250-1196

[laine.a.dennison.ctr@mail.mil](mailto:laine.a.dennison.ctr@mail.mil) or [brittany.a.gunderson.ctr@mail.mil](mailto:brittany.a.gunderson.ctr@mail.mil)